

Beebe Healthcare
Margaret H. Rollins School of Nursing
Nursing 101 - Foundations of Nursing

Communication Day 1 Class Prep Worksheet

Review ATI's Engage Fundamentals – Foundational Concepts of Nursing Practice lesson on Client Education in order to answer the following questions.

1. What is the purpose of client education?

Nurses provide education to improve or maintain the client's health status and to assist the client with adapting to permanent injuries or illnesses.

2. Describe each of the three learning domains and provide an example of how each can be used in client education.

The 3 learning domains consist of cognitive, affective, and psychomotor.

When clients engage in learning through cognitive, they must think through the information presented to them and to be able to comprehend it. It has 6 stages, consisting of knowledge, comprehension, application, analysis, synthesis, and evaluation. You can use the cognitive domain to present the knowledge and then make sure that the client understands what they are being told and are able to demonstrate that.

When clients engage in learning through affective, they are learning based on emotions and it involves the client's feelings. The client will need to evaluate their values, attitudes, and beliefs to process the education material and apply it to their situation. The client will ask questions in this domain and be able to evaluate their situation and address what things they need to change.

When clients engage in learning through psychomotor, they are learning based on action. It involves physical movement, skills, coordination, and the use of their senses. An example of how this can be used would be hands on teaching, having the client watch and then repeat what the nurse shows them.

3. List at least two (2) factors that promote learning.

2 factors that promote learning could be perceived benefit and another is enhanced health literacy.

4. List at least two (2) factors that hinder learning.

2 factors that hinder learning could be fear, anxiety, depression, another is a lack of motivation.

5. Describe the evaluation method of teach-back. Provide an example of its use in patient education.

Teach-back is a type of instruction in which the client is asked to explain the information to the nurse in their own words. This technique can be used to evaluate the client's level of understanding of the

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teaching and identify areas where further instruction is needed. An example of this could be say you have a patient that has stage 2 hypertension, and you want your client to go home and check their blood pressure to continue to assess the levels. A way for the client to use teach-back would be by them saying the levels that are normal and then to check their own blood pressure on themselves and to be able to write it down and keep track of it.

6. What does the SMART framework stand for when creating patient teaching goals?
Smart framework stands for: Specific, measurable, achievable, relevant, and time-bound goals.
This framework is the guideline that we will follow to ensure that our goals are oriented and are aligned with the outcome that they want in the end.